

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org)

They shall never cease to be entertained.

**NO MEETING ON JULY 6, 2024**



**Our Next Meeting is August 3, 2024**

**TIME: 1:30PM**

**Program: Stephanie Artholony From Trinity Centers speaking on Medical Marijuana.**

**WHERE: OSF Glen Park Place  
5114 N Glen Park Place Rd  
Peoria, IL 61614**

About 60 people enjoyed a night at the Peoria Chief's on Saturday the 15<sup>th</sup>. Everyone had a great time, Good food and good fellowship, John even won a T-Shirt. A huge Thank you goes to Dave King for handling the tickets and most of the organization. Dave even got to throw out the first pitch. We are still waiting for some video of that.



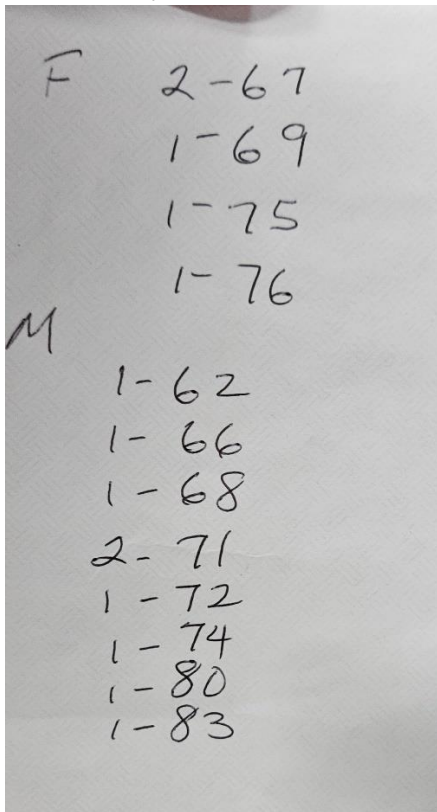


The American Parkinson Disease Association support us year-round by helping with programing and proving grants to some of our members. Barb, Ollie, and I had a great Morning In Naperville on June 22<sup>nd</sup> with over 300 people walking to support the Parkinson's Community. However both the APDA and Our Support Group Team are a little behind

their goal, if you wish to help, There are Two ways to help. Join our team or donate to a current team member. More information is here. <https://secure.ggiv.com/event/24apdailwalk/>

For more information on our Support Group please visit <https://www.cipdsupportgroup.org/> or call Roger at (309) 219-1210.

Pam Durr at Bradley needs Participants for a Gum Chewing Study, she is down to needing just a few more, here is the information.



## Participants Needed for Study on Influence of Gum on Function

**Do you have Parkinson's Disease or want to help fight Parkinson's Disease? You may be eligible to participate in our study investigating the influence of gum on function.**

**You May Qualify if You are:**

- between 50 and 85 years of age
- may or may not have Parkinson's
- able to walk
- able to follow commands
- able to chew gum

**Participation Involves:**

- provide intake information such as age, gender, medications, past medical history and history of gum chewing
- perform walking and balance tests under different conditions (with and without gum chewing)
- undergo pupillary measures (non-invasive)

**For More Information or To Sign Up Contact :**

-Pam Durr, PT, DPT  
 (Principal Investigator):  
[pdurr@fsmail.bradley.edu](mailto:pdurr@fsmail.bradley.edu)  
 309-677-3203

**Location:** Campus Town at Bradley University

Now is the time to sign up for the PD Retreat. Visit <https://www.cipdsupportgroup.org/pdretreat/>

Are You Ready...Registration for our PD Retreat is Open.

The retreat is an all-inclusive weekend of Fun, food, Relaxation, Fellowship and some Exercise and Educational Programing mixed in.

The cost is \$75.00 a person and includes Hotel style accommodations 4 meals and snack bar that's open all day long.

September 13, - 15 2024 Starting about 3:00pm. Friday



For More information Scan



<https://cipdsupportgroup.org/pdretreat>

Thank you to our sponsors!

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**Presented by  
Central Illinois  
Parkinson's  
Support Group**



**It's also an Opportunity to Meet New People-**

Discussion may uncover a new approach to exercise. Or information about current drugs and how they are working. Patients who have had Parkinson's long term may share their story so newer patients can learn some of the vocabulary and situations that may arise. Caretakers may have some tips to assist with your situation. Participants will be provided with a retreat T-shirt, dinner on Fri, three meals on Sat. and breakfast on Sunday.

**RETREAT IS OPEN TO ALL WHO WISH TO PARTICIPATE**

**Contact Us At:**

contact@cipdsupportgroup.org  
309 699-7394

**Central Illinois Parkinson's Support Group**

mailing address:  
301 Baylor St.

East Peoria IL 61611

*For More information Scan*



<https://cipdsupportgroup.org/pdretreat>

Thank you to our sponsors!

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**What is Parkinson's Retreat Weekend?**

**Sept 13-15**



**Presented by Central Illinois Parkinson's Support Group**

**Parkinson's retreat**

A weekend of sharing with others affected by Parkinson's with learning, fellowship, and a chance to get to know others in your situation. We will be meeting this year at Sacred Coeur Retreat Center 8508 County Rd 100 N. Magnolia, IL 61336



The facility is a gem and can easily accommodate 75-90 people. The dates are Sept 13, beginning with 3 pm check-in and check-out at 11:15 on Sunday, Sept. 15.

**What is the price?**

Thanks to our sponsors, we can offer this retreat experience for \$75 per person.

**What kind of activities are Provided?**

- Representative from Michael J Fox foundation will be present to talk about news and current research projects.
- There will be a retreat fire on Friday night to sit and visit with other participants.
- A rhythm session, games, physical and occupational sessions are all included.
- Medical personnel from Illinois Neurological Institute in Peoria will conduct a question-and-answer session and attempt to assist those who have concerns that may not have been addressed.
- Saturday Paint night- We gather on Saturday evening to paint with the Glasser

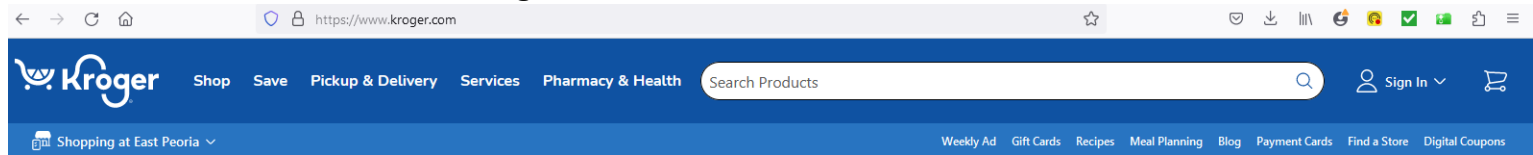


family. Melissa is a former PA with INI and her husband, and daughter, an Art school graduate, come with, all supplies provided, to help us

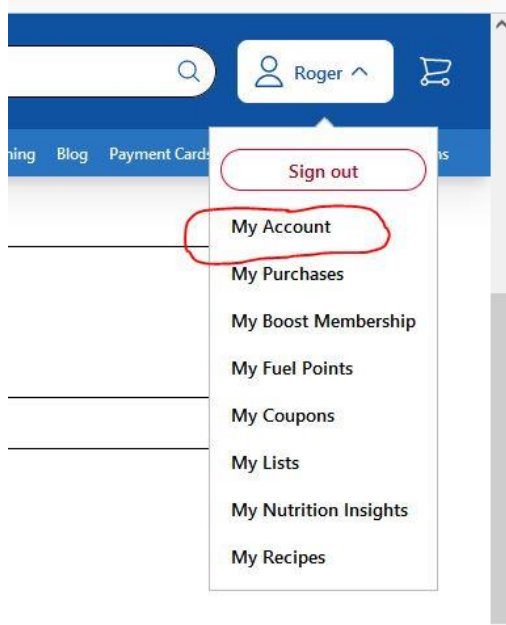


create a lasting retreat memory to take home with each of us. -Group activities also include singing and prayers on Sunday morning, sharing together our stories of dealing with Parkinson's from a caretaker perspective and from a patients outlook. These sessions allow for questions to peers which can sometimes provide tips on how to handle certain situations. Peers may also have insight on who to choose or where to go for medical treatments.

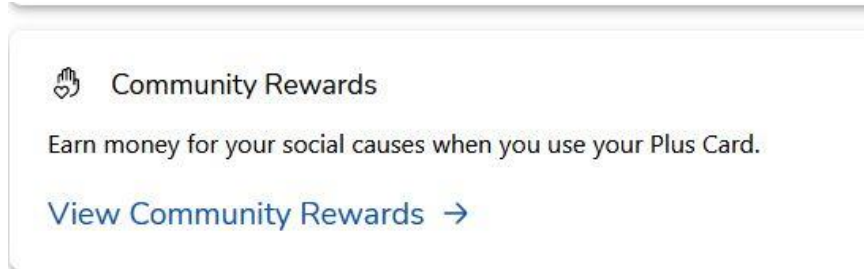
We need People to sign up with their Kroger Card to support the Support Group. It is really very easy, go to [www.kroger.com](http://www.kroger.com) and log into your account. If you don't have one follow the instructions for creating an a account.



Once signed in look for My Account and click on it.



Then look for the community Rewards section and click on it.



Then Search for MY793 or Central Illinois Parkinson's Support Group. And Click Enroll

